

## CLAIMS

1. A molded sheet containing at least an oxidizable metal, a moisture retaining agent, and a fibrous material and having a content of components other than the fibrous material of 50% by weight or higher, a thickness of 0.08 to 1.2 mm, and a breaking length of 100 to 4000 m.
2. The molded sheet according to claim 1, wherein the breaking length is 200 to 4000 m.
3. The molded sheet according to claim 1, wherein the fibrous material has a CSF of 600 ml or less.
4. A heat generating sheet comprising the molded sheet of claim 1, the molded sheet being impregnated with an electrolyte solution.
5. The heat generating sheet according to claim 4, which is made up of a stack of at least two of the molded sheets.
6. The heat generating sheet according to claim 4, which is covered with a cover layer having oxygen permeability.
7. A method of producing a molded sheet comprising the steps of forming a wet web by a papermaking process using a raw material composition containing at least an oxidizable metal, a moisture retaining agent, and a fibrous material, dewatering the wet web, and drying the wet web.
8. A method of producing a heat generating sheet including the step of impregnating a molded sheet with a solution of an electrolyte, the molded sheet being the molded sheet produced by the method according to claim 7.
9. A molded sheet obtained by the method of producing a molded sheet according to claim 7.

10. A heat generating sheet obtained by the method of producing a heat generating sheet according to claim 8.
11. The method of producing a molded sheet according to claim 7, wherein the fibrous material has a CSF of 600 ml or lower.
- 5 12. The method of producing a heat generating sheet according to claim 8, wherein the step of impregnating with a solution of an electrolyte is preceded or followed by the step of stacking two or more of the molded sheets.